

You're Invited!

Finney Morning Run Club

Beginning Wednesday,

January 15

👣 7:20am – 7:40am

👣 Track



- 👣 Students, parents, and siblings are invited to walk the track each morning before school.
- 👣 Students will earn a token for each mile they walk (10 laps).
- 👣 Visit bit.ly/runclubvolunteer to volunteer, or scan QR code →



More Info:

- 👣 As students arrive to school, they will place their backpacks on their line and then come to the track and walk laps. Students must be either walking laps or eating breakfast – they may **not** be standing on the blacktop.
- 👣 Parent volunteers will be needed to help track laps each morning. Sign up link on the Finney Blog (bit.ly/runclubvolunteer)
- 👣 No Run Club during inclement weather.
- 👣 Questions? Contact Ms. Longo at giulia.longo@cvesd.org

Research shows:

- 👣 Exercise makes us mentally sharper, and also shows that students score higher on math and reading comprehension tests after exercising for 20 minutes.
- 👣 Studies have found that kids who exercise are more confident.
- 👣 Many studies have found that kids who exercise feel happier, are better at managing their moods, and have fewer mood swings.